114 FW DEPLOYMENTS





GET ORGANIZED:

- Complete your family readiness checklist
- Work out any differences
- Make a calendar
- Discuss contact during the deployment
- Have important documents/information in order
- Make arrangements for childcare

FOR THE CHILDREN:

- Spend time talking
- Talk about feelings
- Spend time individu
- Take pictures
- Read stories



DURING A DEPLOYMENT:

- Know your neighbors
- Set goals
- Stay busy
- Travel
- Stick to your budget
- Prioritize



continue >>>>

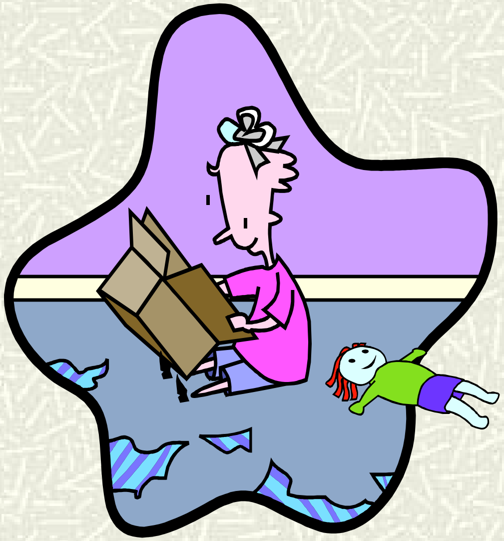
DURING A DEPLOYMENT:

- Find another military spouse
- Learn to say “NO”
- Exercise
- Be your own best friend
- Anticipate stress
- Provide limitations



FOR THE CHILDREN:

- Display pictures
- Routine
- Special outings
- Taped stories
- Choose a chore
- Communicate



SAFETY PRECAUTIONS:

AT HOME~~~

- Wear your wedding ring
- Don’t tell
- Keep emergency phone numbers
- Know who is at your door
- Discontinue paper delivery
- Notice strangers

SAFETY PRECAUTIONS:

IN THE CAR~~~

- Keep door locked
- Be observant~~LOOK
- Break down/trouble
- Stop and yield signs
- Car accident



SAFETY PRECAUTIONS:

WHEN WALKING~~~

- Head up and eyes open
- Change routes
- Cross over
- Stay away
- What would I do?



COMMUNICATION:

- Ensure you have a correct mailing address before your spouse leaves if possible
- If there is not one available before departure contact your *Family Readiness Office*

LETTER WRITING

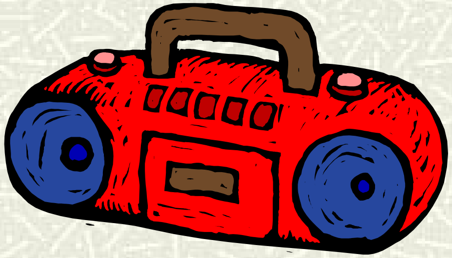


- Answer all questions
- “I Love You”
- Share your feelings
- Express yourself clearly
- Number your letters
- Send separate letters

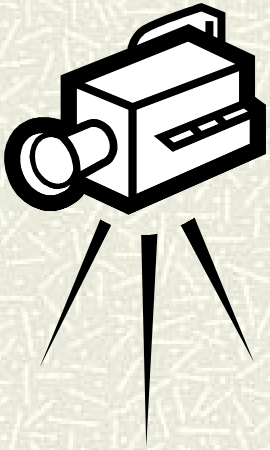


OTHER WAYS :

- Tape recording

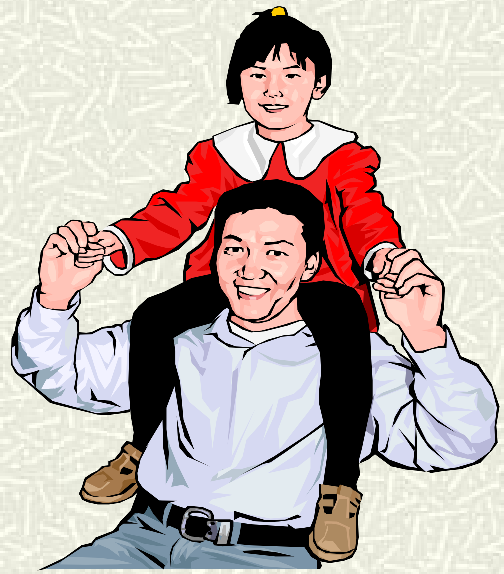


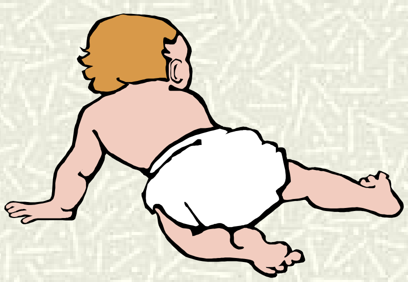
- Phone calls
- Videos



HOMECOMINGS:









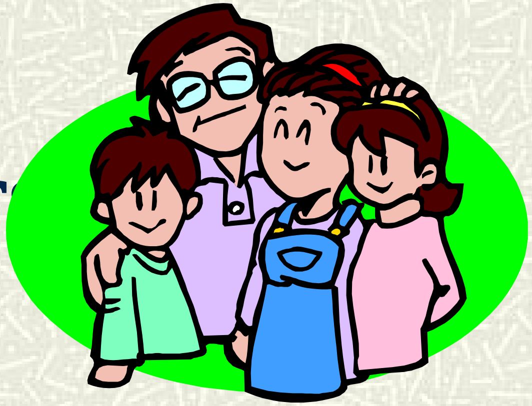
AT HOME WE CAN:

- Leave room for spontaneity
- Expect changes
- Do not be defensive
- Take time



REUNITING THE FAMILY:

- Family reunion
- Time alone
- Family without outsiders



OUR SPOUSES CAN:

- Be an ‘Honored Guest”
- Go easy on child discipline
- Don’t over-do descriptions
- Communicate



114 FIGHTER WING SDANG

